



Maehnowesekiyah

One Day At A Times

Main Line - (715) 799-3835
DV Main Line - (715) 799-3931
DV Hotline - 1-888-799-3931
Runaway Hotline - 1-800-474-6689



MOCK CRASH MAKES IMPACT!!



MISSION

- Provide culturally specific alcohol, drug, mental health, adolescent, domestic violence treatment, education, & support services for Native Americans & their families.
- Be responsive to community needs by providing a comprehensive continuum of ACCA & other support services
- Promote positive relationships between MWC, resource providers, & the community.

On May 16th 2007, Students from Menominee Indian High School, Menominee Tribal School and Menominee Indian Middle School gathered behind the High school to witness our first ever DUI MOCK CAR CRASH. The Mock Crash sponsored by a huge community collaboration was part of the MISD 3rd annual YOUTH AWARENESS DAY and was also in observance of NATIONAL YOUTH SAFETY MONTH.

The six students that did an excellent job as the crash victims were **Daniel Blackowl, Justine Pocan, Dakota Moses, Micheal O'kimosh, Michael Grignon, and Maia Pecore**. BRAVO!!

In addition, A MOCK FUNERAL was held that afternoon in the large gym. Community speakers **Alex Peters Sr, Nanette Corn** and **Deborah Webster** did an outstanding job at getting the message across to the students about the impact of drinking and driving.

Students and their parents were also able to stroll through INFORMATION BOOTHS that offered services and career information to our youth and were able to participate in the FATAL VISION GOGGLE exercise which provided the students with an actual "impairment" experience.

A special thanks from the Maehnowesekiyah Wellness Center for all that made this Youth Awareness Day, one to remember.

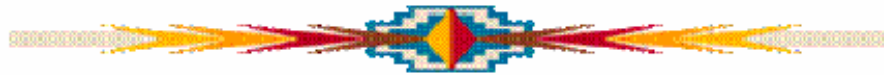
Additional photos of the day's events are available on the MITWV website on the Maehnowesekiyah page at the following address www.menominee-nsn.gov



Grim Reaper looks on while crash victim lies deceased on hood



MENOMINEE ELDER



WORDS OF WISDOM

WHAT WOULD YOU SAY TO OUR YOUNG PEOPLE THAT ARE CONSIDERING USING DRUGS AND ALCOHOL?

"Please do not use drugs and alcohol, they are not good for you plus they will mess up your life, your family, and can kill you"

Edith Peters, Tribal Elder

If you would like your comments to this question featured in "Elder Words", please email or send them to anyone at **MAEHNOWESEKIYAH**.

Stay tuned for next month where we will also feature "Youth Words" of wisdom, because we learn from our children too.



Ask: Dr. Steve

Question:

"I hear my children and others talking about marijuana and how many people are smoking it. Is it really as bad as everyone says it is?"

Answer:

Marijuana, the most often used illegal drug in this country, is a product of the hemp plant, *Cannabis sativa*. The main active chemical in marijuana, also present in other forms of cannabis, is THC (delta-9-tetrahydrocannabinol). Of the roughly 400 chemicals found in the cannabis plant, THC affects the brain the most. Marijuana is a green or gray mixture of dried, shredded flowers and leaves of the hemp plant (*Cannabis sativa*). Most users roll loose marijuana into a cigarette called a "joint". It can be smoked in a water pipe, called a "bong", or mixed into food or brewed as tea. It has also appeared in cigars called "blunts". Short-term effects of marijuana include problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate, and anxiety. These effects are even greater when other drugs are mixed with marijuana. A user may also experience dry mouth and throat. Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day. If you haven't tried it, don't! If you are using marijuana or know someone who is, please get some help!

The time has come to get out and climb!



When you drive by the Menominee Ropes and Challenge Course it is likely that you will see a few of us "hanging around." Our instructors have been recertified and we are open for the season.

Our first official event of the year was Family Fun Day and we were rained out. People said it didn't rain where they were but it was a steady drizzle over the High School. Of course, that one cloud disappeared as soon as we took the ropes down and called it a day. Oh well, we will keep our fingers crossed for better days to come.

I challenge each of you to give us a call and get your group out there. This is a great way to build trust and work as a team. Push your limits and walk the Cat Walk or make a dash for it across the Floating Islands. Join us this season for a fun-filled day in the air. Call 715-799-3835 to set a date.



MENOMINEE TRIBE JOINS MENOMINEE TRIBE JOINS WITCAPP

The Menominee Tribe of WI has been invited by the Great Lakes Inter-tribal Council (GLITC) to join other WI Tribes to work together to build infrastructure and capacity for expanding prevention services in our community, with an emphasis on underage drinking. This coalition is known as WITCAPP, WI Tribal Cooperative Agreement Prevention Program. By being part of this collaboration of WI Tribes, an overall prevention strategic plan will be made and improved cooperation and planning for prevention services will be accomplished among the WI Tribes. Betty Jo Wozniak has been voted chairperson for this prevention committee and Mark Fuller and Randy Chevalier are also assisting in this project. What should be seen is the improvement and continuation of effective prevention programs in this community. Funding administered by GLITC for this project will help to maintain our existing prevention efforts, especially with the ending of our major SAMHSA grant in the fall.





Maehnowesekiyah's Domestic Violence Shelter Receives Donation

On Thursday, April 5, 2007, Tony Duquain stopped at Maehnowesekiyah Wellness Center with his daughter, Erin Duquain. Tony and Erin took the time to stop by and drop off two boxes containing a generous amount of personal hygiene items including bottles of shampoo, toothbrushes and tubes of toothpaste and deodorant. They also donated two packages of snacks for children's group, packages of paper plates, napkins, cups and plastic silverware which we also use for group.

A local Girl Scout Troop which Erin belongs to raised money which was spent on the items mentioned. Erin's mother and Troop Leader Renee Duquain, called the shelter several months ago with the idea of having the girls work to make a donation to our shelter. We much appreciate the time and thoughtful generosity of Renee and Tony, and especially Erin and all the other girls from the Troop. It is through this generosity and community involvement what we all help to make this community better. BIG THANKS to Erin, Renee and Tony Duquain, and also to all the girls of the Troop who helped collect for this special donation to help victims of domestic violence.

Submitted by Carol Wautlet, Program Manager, Maehnowesekiyah Wellness Center Domestic Violence Program.



Three Indian elders, a Menominee, an Oneida, and a Mohican, were sitting around at a pow-wow, visiting.

"Sixty is the worst age to be," said the 60-year-old Menominee man. "You always feel like you have to pee and most of the time you stand there and nothing comes out."

"Ah, that's nothin'," said the 70-year-old Oneida. "When you're seventy, you don't have a bowel movement any more. You take laxatives, eat bran, sit on the toilet all day and nothin' comes out!"

"Actually," said the 80-year-old Mohican, "Eighty is the worst age of all."

"Do you have trouble peeing, too?" asked the 60-year old.

"No, I pee every morning at 6:00. I pee like a racehorse on a flat rock; no problem at all."

"So, do you have a problem with your bowel movement?"

"No, I have one every morning at 6:30."

Exasperated, the 70-year-old said, "You pee every morning at 6:00 and crap every morning at 6:30. So what's so bad about being 80?"

"I don't wake up until 7:00."

Submitted by: Edey Escalante

D V P r o g r a m



The Role of Advocacy



By Carol Wautlet, Program Manager, Maehnowesekiyah Domestic Violence Program

Each day the Domestic Violence Shelter receives calls from victims of domestic violence who are in crisis. Our services range from providing safety planning or emergency shelter, emergency food, crisis counseling, legal advocacy and referrals, just to name a few. Each victim has different needs. Primarily, our role is to advocate for the victim and her children. But what is advocacy? What role does the staff at the Domestic Violence Shelter play in helping the victim?

As mentioned, each case is different and we begin by talking with the victim to assess what her needs are for her and her family. We can provide a safe space for the victim and her children while she is in crisis; we listen to what the victim needs. We recognize that she is the expert in her situation; we are not. After gathering all the information, she will have to make choices for herself; we recognize that those choices are hers to make, not ours. This is empowerment. We often ask what she feels she needs to work on and we need to respect that she has limits at this confusing time. We cannot dictate what she needs to work on, nor should we become frustrated.

We provide information about resources and often make referrals; we encourage her to help herself and her children. We are not here to influence what she thinks, but rather to inform her, so she can make the choices only she can make. We recognize that she has incredible strength and encourage her to draw on those strengths. As advocates, we are honest with the victims about the limits and realities of the situation. We empathize with her.

What we cannot do is make promises. There is no “magical” answer; leaving a domestic violence relationship is often very difficult and scary for the victim and, she may not be ready to leave the relationship. This is not “failure” just because she is not ready to leave. Instead, it reinforces what we already know, that victims are very scared, confused and often lack the resources and information to make those life changing choices. Each case is unique; we cannot tell her how to feel, what to think, and we do not “rescue” victims. This would only foster dependency. We cannot “protect” the victim, but instead, we can help them gain access to the legal system for orders of protection, if they choose. We do not “solve” all of the victim’s problems; instead, we help to guide her to the resources and information and help eliminate some of the barriers so she can make informed choices. Often, it takes a long time to make those difficult choices. We are ready to help when they are ready. In many cases the women leave many times but return for many reasons. Each time they gain knowledge and strength. We never give up; we hope they don’t either.

If you or someone you know is being abused, please call for help. Someone is available 24 hours a day, including Holidays and weekends. We can be reached at the Maehnowesekiyah main line at 799-3835 or the direct crisis line 799-3931. We also have a toll free number for those out of the area, 888-799-3931. All of our services are free of charge and confidential.

We recognize that in some cases, the victims may be male. However, in the majority of the cases (95%) the victim is female. For that reason, “she” and “her” will be used when referring to victims. This does not mean that we do not serve male victims; it simply means that we are referring to the majority of cases.

Protecting You/Protecting Me



Protecting You/Protecting Me is an eight lesson, a SAMHSA “model program” that is offered from the MADD organization that gives students essential knowledge and skills that increase their non-use attitudes and decisions. Students also learn the difference between the brains of people over 21 and the brains of people under 21 and how alcohol and other drugs can affect their development. PY/PM teaches these and a range of other things by using the latest research available.

This month Maehnowesekiyahs prevention department finished up: four, 3rd grade classes with 53 students; three, 4th grade classes with 55 students; and three, 5th grade classes with 51 students. Each student received a certificate of completion after completing their post-tests.

This program is offered to grades 1st through 5th at the Keshena Primary School through the collaboration of their guidance counselor.



Project ALERT

Project ALERT, also a SAMHSA “model program”, contains 11 lessons that focus on alcohol, tobacco, marijuana and inhalants – those substances that are the first and most widely used by young people today. Project ALERT’s focus is on motivating non-use, learning to recognize pressures to use, and on developing and practicing skills to resist these pressures. We know that prevention of drug use and abuse is most effective when it is a partnership between the community, the home and the school.

Each student took home five homework assignments that involved the parent/guardian in discussion, sharing responses, and listening to oral reports. These activities provided an opportunity to communicate with your child about these important issues and responses were not shared in class.

Project ALERT was taught by the Prevention Department of Maehnowesekiyah Wellness Center (Terri Wynos, Mark Fuller, Claudette Hewson, Randy Chevalier). 59 8th grade students received graduation eagle feather certificates.



A skills based curriculum that teaches teens how to say “NO.”

Maehnowesekiyah Employee Anniversaries!

Gerrilyn Tourtillott	9 years
Betty Jo Wozniak	4 years
Warren Chevalier	2 years



Thank You

The future belongs to
those who believe in the
beauty of their dreams.
~Eleanor Roosevelt~



Maehnowesekiyah Employee Birthdays!

Lyle Tucker	May 5
Lori Besaw	May 14
Gerrilyn Tourtillott	May 15
Lisa Wolosek	May 25
Terri Wynos	May 30

Keep your face in the sunshine
and you will not see the shadows.
~Helen Keller~



Farewell Claudette!!



Maehnowesekiyah and the prevention department would like to wish a farewell and good luck to Ms. Claudette Hewson who has left us to join the Youth Development and Outreach team!
YOU WILL BE GREATLY MISSED!!



DARE RAP

When you smoke
It's no joke
Smoking turns your lungs
black and
Can cause you to hack
If you go ahead and smoke
You are going to croak
If you smoke pot
You are going to rot
When you drink beer
You can't think clear
And when you drink booze
Your brain will snooze
If you take a drug
You will turn into a slug
When you get high
You will try to fly
And you will die!

Submitted by Kateri Alvarado, a student from
Mr. Stratton's 3rd grade class at KPS.



A 4th GRADERS CAMPAIGN AGAINST DRUNK DRIVING

1. What is our message? What do we want to say?

**I say it is not good and if you want to try it your
gonna risk your whole life just for a small thing.
And I think this nonsense should stop! And I say
lets quit it all together and forever.**

2. How will we get our message out? Where would we
put our message?

**On tv, on clothes, on newsletters, on necklaces,
on tattoos, on signs, on flags, on pencils**

3. Who could we get to help us?

**President, celebrity, guest, star, friend,
Governor, group**

Submitted by a 4th grade Protecting You/Protecting Me
student from KPS.

Ice Cream in a Bag

Here is a fun idea for a hot summer day. My kids love it!

Note: As in all recipes, results can vary depending on humidity, conditions, etc.

Please try any recipe out before attempting in a group setting.

This project is rated VERY EASY to do.

What You Need

- 1 tablespoon Sugar
- 1/2 cup Milk or half & half
- 1/4 teaspoon Vanilla
- 6 tablespoons Rock salt
- 1 pint-size Ziploc plastic bag
- 1 gallon-size Ziploc plastic bag
- Ice cubes



How To Make It

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
1. Put milk, vanilla, and sugar into the small bag, and seal it.
2. Place the small bag inside the large one and seal again carefully.
3. Shake until mixture is ice cream, about 5 minutes.
4. Wipe off top of small bag, then open carefully and enjoy!



**I scream,
you scream,
we all
scream
for
ice cream!!**

